

The Link

The Church & Community magazine for Newbiggin-on-Lune, Ravenstonedale, Orton & Tebay



March 2022

The Link

Published by the churches
and communities in
Newbiggin-on-Lune,
Ravenstonedale,
Orton & Tebay

The Link is currently being put together by a group of willing volunteers in our villages.

We still need help — do think about volunteering if you can. Email us or use the link below to tell us how you might help.

In the meantime — do get in touch with any comments or questions you may have and one of us will answer:

TheLinkMagazine@outlook.com

Many thanks ,

David, Jess,
Martin, Paula & Sophie.

If you want to help, fill in this form: <https://is.gd/LinkHelpers>



Views expressed in 'The Link' are not necessarily those of the publishers or editors.

Front page photo credit:
Martin Lawson
"Spring Lambs"

Going Platinum...

This edition of The Link contains quite a lot of preparation for the Platinum Jubilee celebrations that will help the country remember and celebrate the 70 years that Queen Elizabeth has been on the throne, fulfilling her vow that her "whole life, whether it be long or short, shall be devoted to your service..."

Whether or not you're a fan of the Queen, it's hard to deny that she has been faithful in working to fulfil that pledge through the years since.

Do follow up with those asking for help in The Link — our celebrations should be a real recognition of what draws us together as community, as well as a remembrance of the Queen's faithful service.

If you want to contribute a

memory, or a photo, or a story, do please send it in by email, or give it to someone else (even in hand written form) to pass on to someone in one of the churches, or the shop in Orton, or in some other way, so that it gets to us in good time for the April and May editions of The Link — we won't have heard the end of the Platinum Jubilee celebrations for a couple of months yet!

We're aware that The Link is in a period of change, as we continue to find new ways of working, new contributors, new advertisers and the like — do let us know if you would like to be a part of that. We'll do our best to make sure that the next couple of issues fully reflect what you contribute.

So do please send in your contributions! Thanks.

Thank you for your support

It costs somewhere between £600 and £800 to print one issue of **The Link** magazine (all the work of putting it together, and distributing it is done by volunteers). **Thank you to those who have already contributed.**

If you are able to contribute £7 (or more, or less) you can do that in a number of ways:

- Make a bank transfer to:
'Orton Tebay and Ravenstonedale Link Account'
Sort code: 40-26-18 Account number: 71021036
- Drop off a marked envelope to Orton Village Shop
Cheques can use the same account name as above
- Give a marked envelope to a member of a local church
- Use [this link](#) to set up an annual electronic payment
Or contact us by email if you would like us to send info

We all very much appreciate your support for this shared church and community magazine going to our local communities.

THE LINK DEADLINE IS THE 13TH OF EACH MONTH

Please send all copy including advertising to: **TheLinkMagazine@outlook.com**

Paying for advertising: **Linda Garrick, 015396 24262**

We hope to give village addresses for dropping off copy, or phoning in, as we develop local links

Where were YOU in '52?

To be honest, I can't remember much about the Coronation of Queen Elizabeth II but I can remember the day she ascended to the throne (although I had no idea what 'a sended' was).

I had started school only a few weeks before and was in the lowest of the low infant class which meant we had to sit at the front when the whole school assembled in the hall. It was a huge school by today's standards, there were over a hundred in my age group and about three hundred infants altogether.

The head teacher Miss Bloomfield stood in front of us and told us that the king had died and we were all to go home for the rest of the day. Just like that, hats and coats on and out of the door.

Imagine doing that today, bearing in mind that some of us were only four years old! My friend Jimmy and myself wandered home with a huge gang of children of all ages who lived near each other, the older ones answering our questions about what a king was and did he live in a castle and was he very old and would there be a war to find out who was the next king?

Jim and I first went to our house but there was nobody in so we strolled along the back lane to his place. There was nobody in there either but Jimmy had a key on a string round his neck so he opened the door and we went in to search for biscuits. After satisfying our hunger we were playing in the back yard when his mum appeared with her shopping. Remember in those days nobody had fridges so meat and dairy products had to be bought fresh daily.

'What are you two doing here? she asked 'Why aren't you at school?'

'We got sent home mam, the king's died'.

'Don't be so daff' his mum shouted 'Get your coats on and I'll take you back'

Of course, the news travelled like wildfire by word of mouth, so much so that as we were dragged protesting along the road, many adults were outside

(Continued on page 4)

**Send us your photos,
poems, stories, write-ups,
recipes, memories, etc.**



**James Taylor
Westmorland Dales Apprentice
Read more on page 17**

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Can't find what you want? Let us know and we'll see if we can find ways to change — we know people want more photos and more local news — you can help with that!

(Continued from page 3)

exchanging what little news they had. In the excitement we managed to extricate ourselves from Jimmy's mum and ran off to join the rest of the children playing football in the back lane. We hoped we might stay off school until there was a new king but it was not to be and life carried on as normal.

I suppose we had some sort of celebration for the coronation but I can't remember anything about it. I lived on the Durham/ Northumberland border and it all seemed a long way remote from London. I did have a Coronation mug and

a Matchbox toy Golden Coach but they disappeared over the years.

David Binks

Have you got memories of the Coronation or any of the Queen's Jubilees?

We are hoping to include these in our May edition of The Link so please let us have them, no matter how brief they may be, before the copy date which is 13th April.

We hope you enjoy some of the other nostalgic articles in this edition of The Link, do contribute any ideas, write-ups, etc. to us for next time.

Newbiggin-on-Lune Village News & Events



Newbiggin-on-Lune Public Hall

Enquiries: Ian Clayton (23226),
Anne Brownrigg (23594), Jim Wardrope (23288)

Facebook:
<https://en-gb.facebook.com/NonLPublicHall>

Indoor Bowls

**come
and
join
us!**



Friday night is Indoor Bowls night
at Newbiggin-on-Lune

Starts at 7.30pm
costs £2, (first night free)
you don't need a partner, just turn up.

More information from 07880 706485
- see you there!

Shrove Tuesday



Where did the tradition come from?

During Lent early Christians used to 'abstain from flesh meat and from all things that come from flesh, as milk, cheese, eggs', as ordered by Pope Gregory the Great in AD 600.

Shrove Tuesday is the day before the start of Lent and was traditionally a day for using up food which was not eaten throughout Lent into pancakes, hence Pancake Tuesday.

As well as pancakes, there are many traditions associated with the day, probably the most famous being the many Mardi Gras festivals held in many countries (Mardi Gras is 'Fat Tuesday' in French).

In the UK there are the Shrove Tuesday 'mob football' games, usually involving two teams

defined by living in different parts of a town. The most famous is probably held at Ashbourne in Derbyshire, but other games take place at both Alwick and Sedgefield in the North East, Atherstone on Warwickshire and St Columb Major in Cornwall.

Pancake races are held in many places and usually involve the contestants running and tossing a pancake at the same time.

The tradition is said to have started with a housewife from Olney in Buckinghamshire who was making pancakes when she heard the church bells ringing to signify the start of the church service.

She ran to church carrying her frying pan,

tossing the pancake in the air to stop it burning.

At Scarborough in Yorkshire the seafront roads are closed to traffic, schools close early and the townsfolk, young and old, are all invited to skip, using long ropes from the nearby harbour. This is followed by traditional pancake races.

In parts of Ireland it was traditional for the eldest unmarried daughter to toss the first pancake. If the pancake finished on the floor then she would remain unmarried for the next year.

However you enjoy your pancakes, whether it's the traditional way, with lemon juice and sugar, or whether you're making savoury pancakes, spare a thought for the meaning behind the pancake!

Ravenstonedale Village News & Events

Looking ahead @ St Oswald's

Organ Recital

Saturday 28th May, 5.00pm

- on the recently fully restored historic (1891) Harrison & Harrison organ

- by Adrian Self, long time Director of Music and Organist at Cartmel Priory

There will be a retiring collection in support of the Restoration Fund for the St Oswald's three 18th Century oak panelled painted Prayer Boards, one of which had been hidden from view behind the organ for 130 years but is now in full view for all to see on the south wall of the Sanctuary.

If you've not read it, why not go back and look at the article on this in last month's Link magazine!

Organ Recital

Saturday 9th July 2022

- by Alexander Finch, has international Status as an organist and performs recitals concerts and solos in Cheltenham College Chapel, the uk and abroad.

Alexander has close family roots in Ravenstonedale ...he practiced his organ playing on the St Oswald's Harrison in his childhood!

More details to follow...



Pancake Lunch

Pancake Lunch will be held at
Studfold Farmhouse
Tuesday 1st March
From 12-2pm

Tickets £8.00 from
Fran - 23393 or Anne - 23594

What could be batter! ☺

RAVENSTONEDALE PARISH HISTORY GROUP

16th March – Jackie Wedd

Parish Millennium Projects – part 2

To include the four Parish Millennium Embroideries

20th April – Les Neal

Further Histories of Quaker Families in Ravenstonedale

For more information, please see
www.ravenstonedalehistory.org.uk

Platinum Jubilee Plans

This will be our only opportunity to celebrate a Platinum Jubilee and the Queen's amazing reign.

Therefore, Orton Parish Council, the Parochial Church Council, Orton School, Tebay W I, the Market Hall committee and various villagers have put together an exciting programme of events. **All members of Orton parish and our neighbouring parishes are welcome to join in and enjoy.**

A team has been put together to decorate the village starting on 19th May. Individuals are encouraged to decorate their own homes, the theme will be red, white and blue and of course the Union Jack.

The **church exhibition** will have a theme of The Queen's Platinum Jubilee and the 1950's and will run for two weekends from Saturday 28th May until Sunday 5th June for 9 days. Work has already started.

There will be a return of the famous **Scarecrow Competition** with the Jubilant 50s as the theme. Inspiration may come from the Coronation, Teddy Boys, conquering Everest or other events or trends. We encourage as many as possible to take part in this fun event which is much loved by visitors.

Most of the events take place over the Bank Holiday Weekend which runs from Thursday 2nd June to Sunday 5th June. The following is an outline of the plans and additions or changes may follow.

Our plans so far...

Saturday 28th May the Parish Boundary Walk.

This is a marvellous 30 mile route around one of the largest parishes in the country. In parts it rises to well over 2000 feet and presents an excellent challenge to a fit walker or runner. For the less athletic, the route can be divided into three more manageable sections each over superb walking country. Further details and maps will be made available in due course. Reasonable weather is required for the full walk and if Saturday 28th May proves to be unsuitable it can hopefully be completed on the reserve date of Saturday 11th June.

Over the four day Bank Holiday weekend the events will be announced by the Village Crier, Neville from the shop.

We will start on Thursday 2nd June with the Royal Proclamation at 1.00 pm following a peal of the church bells.

At around 7:15pm there will be a Gather at the Market Hall where we will toast the Queen and a piper will play. We will then walk (or drive) up to the Beacon Monument on Orton Scar where the piper will play the music prepared for the Jubilee (The Diu Regnare) at 9.09pm followed by the lighting of our beacon at 9:15pm. The beacon will form part of a nationwide chain of beacons which it is hoped will be the largest and most dramatic ever seen. The beacon lighting will be followed by a 70 rocket salute.

On Friday 3rd June there will be an equestrian event. A Jubilee themed village ride commencing at 2:00pm.

On Saturday 4th June there will be sports and other activities on the School Field.

On Sunday 5th June at 1:30pm a Street Party/ Big Picnic will take place in the centre of the village by the Market Hall. You are invited to bring and share food and drink and there will be live music.

Steve Crook will create a photographic record of the events and after the past two years, we feel that the emphasis should be on enjoying ourselves rather than fundraising.

If you would like to help with the celebrations in any way or if you would like additional information please contact our secretary Richard Petty (richardjapetty@gmail.com)



Do you have a smartphone that you no longer use?

The Penrith and Eden Refugee Network have appealed for phones on behalf of a group of refugees in Barrow-in-Furness.



Whilst they will be in need of many things, smartphones are becoming an essential part of our everyday lives.

Have you, perhaps, replaced your smartphone recently? If you have a working phone with charger that you no longer need please consider donating it to the Penrith and Eden Refugee Network.

If you can help please contact Keith Capp in Orton on 07751 786684

GARDENS WANTED!!

Do you have an interesting garden?
Would you be willing to share your designs /tips with others?

No matter how large or small, tidy or wild
From immaculate lawns to container pot back yards

Give me call & I'll explain all:
Paula 015396 23326

ORTON SCARECROW FESTIVAL

The Scarecrow Festival will be held from Saturday 28th May - Sunday 5th June

The theme this year is The Jubilant Fifties.

Entries could have a Royal Theme or anything related to the 1950's

The competition is open to anyone living in Orton Parish and families with children attending Orton School.

In 2019 we had 50 entries so it would be great if we had even more this year.

Further details will be in the April link but in the mean time, any enquires to:

Brenda 24617
Marion 24384

highlights
rural touring scheme
presents

STITCH in TIME

Knit One Purl One with Canadian Opera Singer and International Troubadour



Excitement! Drama! Romance! And...
knitting?

A scintillating cabaret of the lost knitting songs of WWI and WWII from Canada, Britain, America and France. Feel free to bring your knitting (or crochet), and stitch along to these funny, poignant, toe-tapping, needle-clicking tunes.

Orton Market Hall
Friday 1st April 7.30pm

Tickets £10 Available from

www.ticketsource.co.uk or Orton Village Shop
Tel: 01539 624856 or Email: cfox5858@gmail.com

BOCCIA

IN ORTON MARKET HALL

Not only for para-Olympians,
but a fun game for everyone!



Sessions are on Thursday afternoons
from 1.30pm to 3pm

March 3rd, 17th and 31st
April 7th and 21st

NB Only one week between
31st March and 7th April

For more details please contact Felicity Lawler
Email:- fglawler@gmail.com

You are invited to join us at
Orton Methodist Chapel

to celebrate our
Chapel Anniversary
on Sunday, 20th March 2022
at 10.30am
led by Andrew Rowell
(from Carlisle)

followed by a lunch for all



Everyone welcome

Notes from the Herald January, 1922

Snow free 1-2 January, then 16 degrees F (6C) drop on 3rd, blizzards. Gone by 14th – fog, back by 24th. Flu in Penrith.

Foot and Mouth in N. Cumberland, Kendal and Ambleside brought by Irish cattle via Silloth in late January.

Orton's annual Temperance Festival teas in the Temperance Hall on 1st January (talks, singing, food etc.).

Tebay Church Sunday School tea and prizegiving at New Year.

Ravenstonedale's Wesleyan Sunday School Tea party on New Year's Eve.

Mrs. Mary Beck. Widow of Mr. Edward Beck, (landowner, died in 1891) died in Ravenstonedale aged 94 (report 25th February, 1922).

Vast famine in Russia. A General Election expected soon in UK. Trains are still slow, scarce and dear as in recent war.

Fine till late March, then blizzards. BST returned on 26th (snow).

Orton Wesleyan Chapel is to erect a new Sunday School and to renovate and re-seat the Chapel. Tenders to their architect, Mr. J. Knewstubb (Penrith) by 5th April. In 1853 at Eskew Bank, Orton, Elizabeth Atkinson was born. In 1879 she and George her brother, migrated to the USA where in 1880 she wed Mr. James Dinsdale; he died in 1914. He lived at Buckingham, US. She then went to live with her daughter Mrs. P.D. Schmidt where she died recently, age not given. Of her 11 siblings, 3 brothers and 3 sisters are still alive (one brother is Mr. Thomas Atkinson of Warcop; the other 5 are in the USA. She died of pneumonia. Died at Eskew Bank, Greenholme, on 10th, Mrs. Jane Jackson, 66, big funeral on Tuesday, 14th. Her husband William was of Scale Gill and she was the only daughter of the late Mr. John Dinsdale, Eskew Bank.

Tebay: Football, Westmorland Cup, 2nd Round: Kendal Town 1, Tebay 0. Died at Gt. Asby, no date said, Phoebe, wife of Thomas Atkinson, ex Tebay. She was 48 and buried at Gt. Asby on 11th

Ravenstonedale celebrated the Royal Wedding of Princess Mary to Viscount Lascelles with tea for all ladies over 60 at Lady and Miss Fletcher's White House early in March. Twenty came; those who were ill each had a basket of cakes sent to them. Newbiggin-on-Lune School pupils each got an orange and bag of sweets given by Mrs Fothergill of Brownber.

On Friday 24th Ravenstonedale's ex-soldiers put on a concert in the Endowed School, followed by supper and dance. A lot there. The Band of Hope meets monthly on Mondays. William Potter, builder of Ravenstonedale, established over 100 years is the contractor for the Oxenholme and Kirkby Stephen



ORTON CHURCH EXHIBITION 2022



Sat 28th May until Sun 5th June.

This year's theme is **The Queen's Platinum Jubilee and the 1950's.**

We are in the early stages of planning the exhibition and are in need of the following items:

Red, white, and blue material (plain or patterned)
Tea sets.

Any items from the 1950's
(Clothes, furniture, photographs etc.)
Items of Royal memorabilia.

Any items of local interest from the 1950's.
Military Uniforms.



We are always in need of more volunteers to help make things, (previous craft/sewing experience not necessary!) Will put a note in the Post Office of our meeting dates once they are decided.

Do come along with any items or ideas. It's great fun working together as a group.

If you have any of the above items that you would be willing to donate or loan to us, plus anything else that you think might be useful please contact Brenda Iveson (24617), Helen Wearmouth (24066) or Susan Thorpe (24166).

housing schemes. (Advert) He also sells building materials. Mr. And Mrs. Alderson, Kilnmore Farm, pillars of local Wesleyan Methodism, are off to Catherine Holme near Appleby. There was a presentation to them in The Wesleyan Chapel (report 18th March.

150 years ago, March 1872. A Capper of Orton –

We have a widower in Penrith aged 94 who can challenge Orton's oldest to walk, run or work faster than him (Orton's oldest person had just died aged 97). The Editor and the Orton correspondent were in friendly rivalry for years, each seeking to "cap" i.e. go one better than the other.

Thanks to Jeremy Godwin, Penrith for supplying the Notes.



THE QUEEN'S JUBILEE

As part of the Jubilee celebrations, Tebay & Orton WI will be putting together a '1952-2022 Comparison project'.

The idea is to compare what both villages were like in 1952, in comparison to the present day. This could include many aspects e.g. schools & teachers; churches, chapels & ministers; parish councils & councillors; clubs, businesses, local groups; available entertainment; sports; transport links including the railway, etc.

We would be grateful for anyone who has memories of that year they would like to share or perhaps were told stories by relatives.

Do you have diaries, photographs, news cuttings, minute books, or letters from 1952 about life in Tebay or Orton?

Anything that would add to the project, will be greatly appreciated.

Any material loaned will be taken care of and returned after use.

Anyone who can help with material etc. please contact Jackie Huck, Tebay & Orton WI Secretary on 015396 24266 or by email at jacquelinehuck@btinternet.com



CHARITY NIGHT

BRONAGHS QUIZ, AMAZING RAFFLE & PLENTY OF FUN TO BE HAD!

MARCH
5th
2021

8 PM | SATURDAY
THE GEORGE HOTEL
ORTON

IN MEMORY OF OUR GOOD FRIEND AND COLLEAGUE NICK



Full-Time Nursery Places Available

Did you know that Orton CE Primary School can offer Part-Time, Flexible or Full-Time Nursery Places for children from their 3rd Birthday?

Nursery care is offered from

8am—5.30pm Monday to Friday during term time.

Orton CE Primary School is a really happy and caring setting where experienced staff work hard to meet the needs of each

individual child. We accept Nursery vouchers and can support you with applying for any Nursery funding that you may be entitled to.

If you would like to find out more or arrange a visit please get in touch with either Vicky or Emma at the school on 015396 24268

email - head@orton.cumbria.sch.uk

<https://www.ortoncofeprimary.co.uk>

Orton CE School is a
happy place to learn, grow and thrive.



**ORTON
DROP-IN
COFFEE MORNING**

AT THE CHAPEL SCHOOLROOM

We are open Wednesdays

10.30 - 12.00

Everyone welcome!

Come and meet new friends!

FREE! (Donations welcome)

We are an independent and non-profit community service for anyone who would like to meet up and chat every Wednesday morning. Any donations for drinks and cake will go to local charities



**The Square,
Orton, CA10 3RX
015396 24225**

Your local one stop shop – we stock:

**Large selection of general grocery items
including your favourite branded items**

Bread and cakes

Fruit and vegetables

Milk, butter, cream and yoghurts

Sandwiches - freshly made and savouries - baked daily

Sliced beef and ham

Cheeses including local Piper Hole Farm goat cheese

Slack's bacon, sausage, black pudding and gammon

Farrer's coffee - freshly ground to order

Romney's Kendal Mint Cake and weigh-out sweets

Bowness Bay Brewing bottled beers

Greetings cards including selections from various local artists

Floral displays from Lavish Flower House

Cumbrian Honey

Souvenirs: "Coast to Coast" items from Wolfe & Wood

Carola Frank Handmade Fused Glass

The Village Stores & Post Office fridge

magnets, key rings, mugs and notelets

Opening Hours – Village Stores

Monday 9 am to 6 pm

Tuesday – Saturday 8 am to 6 pm

Sunday 10 am to 2 pm

Opening Hours – Post Office

(temporary opening hours dovetailing with Tebay Post Office to provide postal services from Monday to Saturday inclusive – see separate entry for Tebay Post Office opening hours, below)

		Last Collection
Tuesday	9 am to 5 pm	3:45 pm
Thursday	9 am to 5 pm	3:45 pm
Saturday	9 am to 4 pm	11:20 am

We hope to see you soon.

Jayne and Neville Grove

orton.village.stores@btinternet.com

Additional information:

Opening Hours – Tebay Post Office (015396 24967)

Monday 9 am to 1 pm and 1:30 pm to 5:30 pm

Wednesday 9 am to 1 pm and 1:30 pm to 5:30 pm

Friday 9 am to 1 pm and 1:30 pm to 5 pm

This means there is access to an open Post Office six days a week.



Saturday 12th March.

Leanne | Market Coordinator

Orton Farmers Ltd

07969 335598 info@ortonfarmers.co.uk

<http://www.ortonfarmers.co.uk/>

Orton Manor Court

Grass Lettings

1st May 2022 – 1st April 2023

1. HOWES QUARRY – *approximately 6 acres*
2. SMALL PARCEL OF LAND at Field Head, Park Lane

Sealed bids, with contact details, to:

Brenda Iveson

Treasurer to Orton Manor Court

Street Farm, Orton

BEFORE 1ST APRIL 2022

News from rton School



thank you

Class 2 have a lovely large new animal rug for their classroom. This has helped improve our carpet time. They would like to say a huge "thank you" to Friends of Orton School and to those who support FOOS. Without your help we couldn't continue to improve our learning.



Here at Orton we love to celebrate all our children's hard work. The writing that has been taking place is impressing the teachers so much that children are being sent to Mrs Pomfret's office to show it off! Getting sent to the Headteacher's office doesn't always mean trouble.



Our Christian Value this half term is...



We had a fantastic time celebrating the Chinese New Year and the year of the tiger! A very exciting Chinese dance workshop was enjoyed by the children. Followed by plate painting in the afternoon. We enjoyed a Chinese dinner made by our own lovely cooks! Class 1 prepared their classroom for the event.



Class 3 took part in a Quicksticks competition. They all showed fantastic enthusiasm! As you can see from the huge smiles they had a fantastic time representing Orton School. Well done year 3 and 4!

Quicksticks



www.ortoncofeprimary.co.uk

Tebay Anglers

Fishing on the River Lune

Annual AGM

Saturday March 5th
7pm @ Tebay Club
(No food this year, sorry)

www.tebayanglers.com

for more details

**New members
always welcome!**



Cobweb Orchestra, Tebay

Conducted by Roland Fudge, we meet in Tebay Methodist Church Hall, every Tuesday at 7.30pm during term time. Come and join us - we don't do auditions!

So, if you have ever played an orchestral instrument, or would like to play a different instrument, we have an instrument bank from which you can borrow an instrument for a modest fee.

You will receive a warm welcome if you come along to Tebay, so dust the cobwebs off your instrument and join us!

For more information go to our web site

www.cobweborchestra.org.uk

or ring Richard Best for more details:

Phone 07939 540139

RECRUITING NOW!

Community First Responders (CFR) for Orton and Tebay Team

You might feel a need to give something back to your local community or have spare time and would like to use it to do something worthwhile – whatever your reason for becoming a responder, it is something that will be both rewarding and, at times, challenging.

The satisfaction of becoming a responder is not just based on saving someone's life, although this is a very special moment should it ever arise. When someone calls an ambulance they are unwell, possibly frightened or unsure of what is happening and vulnerable. Even when dealing with a patient who is not seriously ill, you have the opportunity to calm and reassure them.

Talking to them and supporting them while they wait for an ambulance is a part of the responder role that is often forgotten or overlooked but it can often be the most rewarding part.



We will train you to respond to emergencies but you can still go about your normal routine. If we need your help, we will alert you!

We'll never knowingly send you to an incident where there is any risk or danger to yourself. You'll help patients who are suffering with chest pains, having breathing difficulties, in diabetic emergencies, in cardiac arrest, or who are unconscious or fitting.

You'll need to be caring and calm under pressure – you really could make the difference between life and death.

If you're interested just send your name and address to CFR.recruitment@nwas.nhs.uk or for an informal chat, please call either:

Steve Dunkinson on 015396 24286 or
Menna Lewis on 015396 2454

TEBAY PRIMARY SCHOOL

Class 1 and 2:

We have been learning about the roles of doctors, nurses, paramedics and other people that help us.

Mrs Turner came into school to talk to the children about her job as a paramedic. Steve Marshall co-ordinator for Tebay Speed watch group talked to the children about how the group works, the children each got a turn in using the speed gun. Cumbria Police kindly showed the children their police car, letting the children sit inside the car.

Thank you to everyone for giving up their time to talk to the children.



After School Club:

After school club is a huge success here at Tebay Primary School. Miss Fisher, Miss Jameson and Miss Atkinson make all the sessions fun, children use their imagination, team building and explore different activities.

The children have enjoyed a wide range of activities in after school club since returning from the Christmas break. They have made new 'dog pooh' dispensers to put up around the village, made beautiful things for Valentine's Day. Gardening Club will be introduced after half term on a Wednesday night.



Class 3:

As part of mental health week, class 3 took on the bracing conditions and went for a walk over Tebay fell. The children loved getting outside, running off some energy and trying to locate different landmarks from the top of the fell. Good for the mind and good for the body!

Also, as part of child mental health week the children



were encouraged to learn a new skill. Class 3 decided to learn how to make fruit smoothies. The children were involved in picking the flavours, peeling and chopping the fruit and best of all tasting... Healthy and delicious!

Within English lessons the children in class 3 have been learning about cinquains - a special kind of syllabic poetry. The children in years 5 and 6 created their own positivity poems to write into cards designed and painted by the whole class. The whole class then went round the village delivering cards.



Tebay Primary School has places for children in Nursery for April 2022, September 2022 and January 2023.

We can offer COVID secure school visits for potential new starters contact 015396 24239 or email admin@tebay.cumbria.sch.uk to arrange a visit.

Visit our school website: www.tebay.cumbria.sch.uk

Find us on Social Media:

Facebook: www.facebook.com/TebayPrimarySchool

Twitter: @TebaySchool

Tracy Morland — School Administrator.

admin@tebay.cumbria.sch.uk

Tebay Primary School Tel: 015396 24239



TEBAY COMMUNITY CHOIR



Do you want to improve your mental and physical health?

Would you like to meet new people?

If the answer to either of the above questions is "Yes", why not try singing in a choir?

Singing with others can help breathing, posture and muscular tension. It can help to relieve stress and other emotional pain and can improve your mood and sense of well-being.

TEBAY COMMUNITY CHOIR is a friendly group of singers. There is no audition -everyone is welcome. You do not need to commit to attend every single week.

We meet in Tebay Social Club on Mondays during school term time from 7.30pm until 9pm (with a refreshment break in the middle- very important!).

If you would like to find out more, please email Alison on alison@mott.me.uk or ring her on 07964 978961.



Did you know?

Tebay Primary School Nursery....

- Nursery places available – April and September 2021
- Government funding is available for the term following their 3rd birthday – free 15 hours per week.
- Ability to pay for more hours if needed
- Half and full day sessions available.
- We offer 30 hour's provision for those eligible.
- Varied activities following the EYFS curriculum
- Small class sizes; all needs are catered for.
- Fully qualified staff.
- Extensive outdoor learning.

We would be happy to show you around (COVID safe) and discuss your child's individual needs



For more details or to arrange a visit contact Tracy Morland on **015396 24239** or email admin@tebay.cumbria.sch.uk



Did you know that NatWest mobile banking stop in Tebay?

Their mobile branch stops in Tebay, outside the Cross Keys Inn (CA10 3UY) every Wednesday between 12:30 and 12:45

Use it or lose it — as they say!

Thanks to one of our readers for reminding us



NatWest

THE HUB



Tebay Community Library and Drop In in the Hub St. James' Church, Tebay

Every Monday morning, 10.00am - 12.00 noon

Refreshments - Books to borrow and buy.

All ages welcome

Tebay Conservative Club

It is 1889 and Tebay has expanded beyond all recognition. The railways had come in 1846 and up the road from Old Tebay many houses had been built to hold the railway workers and their families. Clubs had formed, a Church and Chapel had been built but some of the men wanted a place where those of the same political persuasion could meet and this came in the form of The Tebay Conservative Working Men's Club.

Mr John Farrer of Lambrigg Foot donated a 170 square yard plot of land in Mount Pleasant, for the building of the club and Mr Richard Brunskill of Gaisgill drew up the plans. It was to be a plain and substantial stone building and £210 had been raised for its construction. Mr John story had the contract for the masonry and Mr. T. Bousefield was responsible for the carpentry and it was to be built from local rag stone with granite dressings. The far end of the building was to be used as a reading room and the large room as a billiard room.



The building was duly completed on budget and the elected secretary, Mr G.S. Sedgwick, and his committee arranged for a grand opening In May 1890. The Tebay brass band

paraded through the town playing lively airs and a large crowd had assembled to await the arrival of Mr. Lowther and Colonel Burn of Orton who were to perform this.

Colonel Burn, in a few appropriate words, invited Mr Lowther to formally open the club, which he did and then invited members in to a meeting chaired by Colonel Burn. During Mr Lowther's speech he said he trusted that the Tebay Conservative Club would be useful in various ways and that it would be used for many purposes. In conclusion he expressed a hope that the new club would be a great success, and that it would be a means of teaching the people of the town the true facts relating to political questions.

The afternoon concluded with sports being held and tea provided by ladies of Tebay. In the evening a concert, supper and dance were held in the Market Hall presided over by Mr Metcalfe Gibson.

Now, of course, this building is still standing but as a private residence.

Heather Ballantyne



NOTE - The management committee of **The Link** regret that it is unable to distribute literature for other organisations, however we will do our best to sign-post our readers to other resources, so do get in touch with us if you would like to submit a short article, local news, an event that is happening, or a service that is available to our readers across the villages.

Wild Wanderings

Sunday 27th March
4pm - 5pm walk
5pm - 6pm High Tea
Meet at Tebay Chapel

Come and join us
to **connect** with each other & the divine creation
to **reflect** on where we are & who we are called to be
to **act** together to create the change we want to see

Walk with us,
or stay and prepare
refreshments for later

Join us in this venture for our community, for people of any age and background
A local walk - about an hour, whatever the weather - meet at the chapel, dressed appropriately!
There will be time for reflection, discussion, and planning practical action for our local environment.
If you can bring some food to share when we get together to talk after our walk - great!

Refugee Family Resettlement in Kirkby Stephen



"Kirkby Stephen Resettlement Group" – a Community Sponsorship Scheme

Why Support a Refugee Family?

Having seen on the media and news the devastation caused to individuals and families in war torn countries, and countries with extreme regimes, a small group of Kirkby Stephen friends decided to take action.

We feel we can make a difference by focusing on just one family, forced to flee their home country in fear of their lives, to become refugees in another. With the support of our Community, we can offer security, hope and a brighter future to that family, who will have experienced significant fear, trauma and horror.

Community Support

We formed a small "Community Core Group" and proposed the concept to Kirkby Stephen community organisations and groups. We now have FULL written support from over 18 - and growing - organisations / groups: County Council, Eden District Council, Police, Housing Dept, Kirkby Stephen Town Council, Upper Eden Community Interest Group, Kirkby Stephen Community Arts, Kirkby Stephen Community Support, Hartley Parish Meeting, Phil Dew our County Councillor, Brough Parish Council, Kirkby Stephen Churches Together, Upper Eden Rotary, Natsby & Wharton WI, Kirkby Stephen Primary School, Brough Primary School, Warcop Primary School, Kirkby Stephen Grammar School, Kirkby Stephen Walkers are Welcome

How Does the Scheme Work?

1. Form a Core Group of Volunteers (Mike Sunderland, Carl Hallam, John Andrew, Ailsa McKenzie and Jill Neame) now called "Kirkby Stephen Resettlement Group" ✓
2. Co-opt community volunteers (we need to expand our list of volunteers)
3. Find a suitable property ✓ (we have secured a 3-bedroom property in town)
4. Raise £9,000 for the family (we have secured £4,000+ via our JustGiving page)
5. Be successful with a Home Office application (Supported by Caritas)
6. Welcome a family into our community
7. Facilitate, support & nurture a family towards integration and independence

To Support this Valuable Community Project, Please:



Learn More

Scan to watch our Community Sponsorship resettlement video on YouTube <https://youtu.be/85DRSackFn4>

Visit the Reset website for more information on Community Sponsorship: resetuk.org

Volunteer Offer your help / expertise or contact us. Email: ksresettlementgroup@gmail.com or call / text: 07975 946312



Donate Scan to donate or go to our JustGiving fundraising page www.justgiving.com/campaign/KirkbyStephen or hand in a cheque (payable to Caritas Diocese of Salford) to John Andrew Accountants, Market Street, Kirkby Stephen

Celebrating our Dark Skies in the Westmorland Dales

The Yorkshire Dales is home to some of the darkest skies in the country.

We have large areas of unpolluted night sky where it's possible to see the Milky Way, planets, meteors and even the Northern Lights.

To celebrate our exceptional dark skies and our recent designation as an international Dark Sky Reserve we have Polestar Planetarium booked for 3 days from Wednesday 2nd to Friday 4th March. The planetarium will be available to local schools during the day and we have two FREE sessions for the general public in the evenings.

We're putting on two dates at Maulds Meaburn and Kirkby Stephen.

We're expecting these evening to fill up quickly and numbers are limited so do reserve your place/s early on the Westmorland Dales Website. Please check with your school first before booking your children on.

Wednesday 2nd March 2022 - Maulds Meaburn Village Institute at 6:30pm

Thursday 3rd March 2022 - Kirkby Stephen Grammar School Gym at 6:30pm

If you would like to book please visit our events page on our Westmorland Dales website:

westmorlanddales.org.uk



WESTMORLAND DALES

**Rev. Robert
at work in
Uganda**



**Westmorland Dales
Apprenticeship Update**

Over the course of this month we have been very busy chain sawing. We have been practicing chainsawing at Waitby link as well as our workshop in Tebay. We have learned about the basic maintenance of a chainsaw, crosscutting as well as small tree felling.

We started off our course at Brigsteer woods in Cumbria where we learned the correct cuts and the proper way to fell a tree. We also learned the correct crosscutting techniques at our office in Tebay with our apprentice supervisor Belinda Lloyd.



We have been taught how to figure out tension in a log and the right way to release tension. We have been removing a lot of the Ash dieback off the old railway line at Waitby link, making sure to use our newly developed skills to fell the Ash to land in the right direction, crosscutting our felled trees and stacking the logs for firewood.

Over the course of this month I have learned the basic knowledge of chainsaw maintenance

which normally consists of maintenance of the bar and keeping the chain sharp. And being able to keep the chainsaw clean and being able to check for any damage.



I also have learnt an appropriate amount of felling cuts and can tell if a tree is heavily leaning and can figure out which cut would be needed to fell it safely and land in the right direction. We also learnt how to remove a hung up tree safely.

I enjoyed the chainsaw course and hope to pass the assessment and enjoyed working with landowners and hope to put my new skills to work very soon.

James Taylor,
Apprentice Countryside Worker.

For more information about the Apprenticeship Project please contact Belinda Lloyd at: Belinda.Lloyd@yorkshiredales.org.uk or call 01539 756620

www.thewestmorlanddales.org.uk



Artemisia Gentileschi – Daughter of Rome, Painter of Europe

It was good to see that Appleby Art Society's February lecture was very well supported, as our lecturer, Chantal Brotherton- Ratcliffe had come from London to talk to us about that rare thing, a respected woman artist in the time of Caravaggio. Artemisia Gentileschi (1593-c1656) is considered among the most accomplished seventeenth-century artists. In 1616 she was first woman to gain membership to the Academy of the Arts of Drawing.

The Gentileschi family lived in Rome, her father Orazio being what we might call a 'B list' artist. Artemisia's mother died early leaving four young children, and it naturally fell to Artemisia to look after her brothers and the home as well as helping mix the pigments and prepare everything for Orazio.

Somehow Artemisia found time to paint. In 1610 she painted the Bible story of 'Susanna and the Elders', the men spying on Susanna as she bathed in a pool.



Like her male counterparts she tackled big historical and biblical subjects, with her own distinctive style. At the age of 17, Artemisia was raped by the painter Agostino Tassi. Her father

took Tassi to court to prove Artemisia's innocence, as by the conventions of Rome she was now unmarriageable. After an infamous trial in 1612, Tassi was found guilty. Artemisia was immediately married to a Florentine and went to live in Florence where no-one would know her. In Florence she had a better life, and was able to establish herself as an independent artist. Her work became extremely sought-after.

In 1613 she painted 'The Penitent Magdalene', and another of her best known subjects, also from the Bible, 'Judith Beheading Holofernes', where she had no qualms about portraying the full gory spectacle of the blood dripping from Holofernes's head. 'St Catherine of Alexandria', one of Artemisia's self-portraits, was bought by the National Gallery in 2018, and 'The Allegory of Painting', painted in London when she visited the court of Charles 1st, is now in The Royal Collection Trust.



She returned to Naples c 1630 where she painted two altar pieces for the Spanish court. In 1638/39 she was in London and painted several pictures for Charles 1st. She lived in Naples until her death at around 1656.

Our next lecture will be 'Klimt and the Viennese Secession – A Kiss for all the World' on 9 March. For more information go to taswestmorland.org.uk

NORTH WESTMORLAND ARTS

All concerts at 7:30pm in Appleby Public Hall

Tickets at the door and online

Sun 13th Mar: THE SOLWAY SAXOPHONE QUARTET - £15

Justin Kent, Jane Bagot, Stephen Bagot, Melanie Thorne

Sun 3rd April: MELIORA COLLECTIVE (strings, harp, clarinet, flute (Meera Maharaj) - £20

www.appleby-concerts.org.uk E-mail: enquiries@appleby-concerts.org.uk Tel: 017684 83777

Supported by Westmorland Arts Trust, Hadfield Trust, Bryan Lancaster Trust

News from All Saints' Church, Kasese, Uganda

parish linked
with All Saints', Orton



WhatsApp messages and emails received

From Revd Nelson Walina, All Saints Church, Kasese:

25th January: The Parish Council Meeting sat on Saturday 22nd Jan 2022.

Evaluate the budget for 2021 and passed the budget 2022 as you have seen on the summary. Secondly the members appreciated the Christians of Orton Church UK, through you, dear Chris and Mary, for the contributions send to us to support our last year Budget 2021, and especially your team prayers. We shall continue teaming up with you and friends to make this year successful.



That is Melina's community project.

Yesterday we went for pastoral ministry about 5km from the Church and we met that lady, a single mother of 3 children. She is one of the beneficiaries of the briquettes project. She is still continuing to make them because it has helped her economically. We had good time with her and prayed with her, her children have begun nursery school. Thanks for your support of Melina's community project during lockdown.



Several friends of this project who receive The Link sent 1,335,988 UGX (£280 GBP) to help with a recent clergy conference, with the surplus helping Melina's project.

From Rev. Robert Zziwa

More importantly, we came for a survey study about the Diocesan Prayer mountain that will guide us to establish an effective prayer mountain in South Rwenzori Diocese. We already have it but it's not developed well. So, we are borrowing a leaf from Nebbi. Nebbi Diocese is in the North Western Uganda neighbouring the Democratic Republic of Congo.



I appeal to you to pray for us to see this dream come to pass.

17th January: We had a wonderful time with our Archbishop His Grace the Most Rev. Dr. Samuel Stephen Kazimba Mugalu and the Archbishop Emeritus the Most Rev. Dr. Henry Luke Orombi and all serving bishops of our Province in prayer at the prayer mountain.

Both Rebecca and Elisha were admitted last week Tuesday at Kasese Hospital due to pneumonia. We thank God that they were discharged on Saturday.

But yesterday, Elisha became again so weak and now readmitted at AFIYA Medical center just in Kasese town. Keep us in prayer our son's condition to be well.




Several members of local churches in the UK expressed their love and concern and promised prayer.

Robert replied: We are worried seeing our little boy breathing becoming complicated but we still hope in the Lord to deliver him from this illness.

Latest update:

The good news is that Elisha has been discharged and he's greatly improving. He has also started drinking and taking some little food.

Services in our Anglican Churches

Wednesday 2 March	Ash Wednesday		
	<i>10am Service of Ashes, St Michael's Shap, led by Alun Hurd 7.30pm Service of Ashes, All Saints Orton, led by Sandra Ward</i>		
<i>Red</i>			
Sunday 6 March <i>First Sunday of Lent</i>	Orton, 10:30am Holy Communion <i>Sandra Ward</i>	Tebay, 10:30am Songs of Praise at the Methodist church	Ravenstonedale, 10:00am All Age Worship <i>Lay led...</i>
<i>Sidesperson:</i> Deuteronomy 26:1-11 Romans 10:8b-13 <i>Purple</i>	<i>Chris Bland</i> <i>Elizabeth Crossley</i> <i>Margaret Longworth</i> <i>Prayers: Olive Bland</i>		
Sunday 13 March <i>Second Sunday of Lent</i>	Orton, 8:30am Holy Communion (BCP) <i>Chris Jenkin</i>	Tebay, 10:30am Holy Communion <i>Sandra Ward</i>	Ravenstonedale, 10:00am Holy Communion (Baptism) <i>Chris Jenkin</i>
<i>Sidesperson:</i> Genesis 15:1-12, 17-18 Philippians 3:17-4:1 <i>Purple</i>	<i>Mary Jenkin</i> <i>Mary Jenkin</i> <i>Prayers:</i>		
Sunday 20 March <i>Third Sunday of Lent</i>	High Westmorland Parishes United Service (HC) Bampton, 10.30am <i>Alun Hurd</i>		
<i>Isaiah 55:1-9</i> 1 Corinthians 10:1-13 <i>Purple</i>	Zoom meeting number: 894 1727 3600 <i>If we can get the technology to work!</i>		
Sunday 27 March <i>Mothering Sunday</i>	Orton, 10:30am Family Service <i>Chris Jenkin</i>	Tebay, 10:30am Service of the Word <i>Rosemary Campbell</i>	Ravenstonedale, 10:00am Service of the Word <i>Sandra Ward</i>
<i>Sidesperson:</i> Exodus 2:1-10 2 Corinthians 1:3-7 <i>Purple</i>	<i>Olive Bland</i> <i>Prayers:</i>	including Methodist church	

Church contacts

<h3>Church Contacts</h3> <p>Anglican Church Vicar <i>Vacancy</i> Curate <i>On placement</i></p> <p>Mission Community Administrator Joyce Keetley 07741 327318 Email: applebymc@carlisle-diocese.org.uk</p> <p>Retired clergy Sandra Ward 24213 (Penrith Hospital Chaplain) Christopher Jenkin 24410</p> <p>ORTON with Tebay CHURCHWARDENS Chris Bland 24258 Linda Garrick 24262 Martin Lawson 26028</p> <p>PCC SECRETARY Susan Thorpe 24166 Email: s.thorpe669@btinternet.com</p>	<p>TREASURER Bill Lawler 24465</p> <p>LOCAL LAY MINISTER Rosemary Campbell 24837</p> <p>RAVENSTONEDALE with NEUBIGGIN-ON-LUNE CHURCHWARDENS Ann Brownrigg 23594 Martin Windle 07899 907958</p> <p>SECRETARY Suesi Windle suesi.windle@googlemail.com</p> <p>TREASURER Tim Parkinson 23393</p> <p>Methodist Church Revd Stephen Radford, 50 South Road, K. Stephen, CA17 4SN. 017683 71202. Email: stephen.radford@methodist.org.uk</p>	<p>Roman Catholic Church Fr Peter Houghton, Church of Our Lady of Appleby 017683 51244</p> <p>New Beginnings Church Pastors: Barry & Karen Hawthorne 07437 468896</p>
<p>New Beginnings Church</p> <p>Every Sunday Orton Market Hall, 10.30 a.m.</p>		

Services in our Methodist Churches

	2022	6 th March	13 th March	20 th March	27 th March
		1 st Sunday in Lent	2 nd Sunday in Lent	3 rd Sunday in Lent	Mothering Sunday
*Tebay M P 1-1300 M H B	10.30	S Radford US HC	T Taylor	P Rigby HC	US at PC
	6.30		Cnrxn Svce at Brough		
#Orton M P Complete M H B PB EW	10.30	D Askew HC	D Thackray	A Rowell CA	US at PC
	6.30		Cnrxn Svce at Brough		
#Newbiggin On Lune M P 1-1250 + More on screen M H B	10.30	W Riley OA	S Joel OA	A Pallister	T Dent
	6.30		Cnrxn Svce at Brough		
*Ravenstonedale M P 1-1144 M H B H & P	2.00	S Radford	A Sterling HC	S Radford	J Betts
	6.30		Cnrxn Svce at Brough		

Baptisms, Weddings and Funerals

If you want to make enquiries about a baptism at any of the Anglican churches of the benefice, please contact your local church (details on the opposite page)

If you would like to ask about a wedding or funeral, please in the first instance contact the

Mission Community

Administrator,

Joyce Keetley, on 07741 327318
or applebymc@carlisediocese.org.uk.

Please make contact with Rev Stephen Radford for any Methodist Church requirements for membership, marriage, funerals, etc.

Dear Friends, Link readers, Countrymen . . .

This is just a brief note from me to say "farewell for now" as I cross the Benefice boundaries to finish my curacy.

As you read this, I am already at work, having been licensed to the Heart of Eden where, under Rev Clive Hick's supervision, I hope to fill the gaps in my training, and tick the relevant boxes, that will allow me to finally remove the 'L' plates! I will miss you lovely people, so please do keep in touch, and hopefully we'll bump into one another on our travels.

Until then, may the Lord bless you and keep you and give you His peace.

Rev Fran Parkinson

Preparing through Lent for Easter

The season of Lent which lasts for forty days (not including Sundays) starts on Shrove Tuesday (Pancake Day).

It is a time when Christians reflect and prepare for the celebrations of Easter. Some people fast, eat frugally or give up treats following the example of Jesus, who fasted for forty days in the wilderness.

People also give to charity, set aside time to study the bible and meet with other Christians to reflect on Jesus' life and prepare for the events of Holy Week and Easter.

You might like to use this prayer as you start the season of Lent and prepare for Easter.

**Holy God,
our lives are laid open before you:
rescue us from the chaos of sin
and through the death of your Son
bring us healing and make us whole
in Jesus Christ our Lord
Amen.**

As we take time to reflect on who we are, and how we might need to change, let's remember that above all, we are loved — Jesus reminded us: **"AS the Father has loved me, SO I love you."**

You can find that, and more, in John's Gospel.

KIDS CORNER



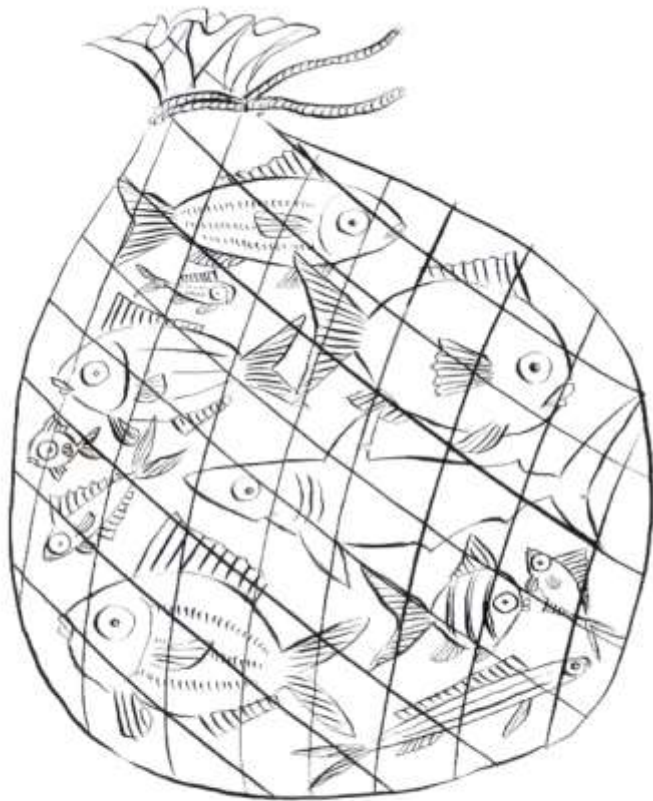
Hope you enjoy this page—let us know if you have any ideas of what else you would like to see here:

GOING FISHING!

Luke 5.1-11

Read this story from the Bible. The fishermen are frustrated after fishing all night without catching anything, but Jesus instructs them and they catch an enormous load! Jesus then tells them to 'fish for people' and share God's love with others.

You can find an online Bible here: <https://www.biblegateway.com/>



Jesus loves to Write

Can you find these words from today's Bible passage in the word search?

- Galilee
- Jesus
- fish
- nets
- disciples
- afraid
- water
- boat
- Simon
- James
- John
- catch

f	y	g	i	o	d	k	r	j	j	e
i	n	e	t	s	i	e	t	a	o	b
s	s	i	n	u	t	f	e	s	u	s
h	i	m	q	a	t	v	e	J	l	i
p	t	m	w	x	r	l	p	a	o	m
a	o	x	a	z	p	h	k	m	l	o
f	e	s	e	i	s	u	s	e	J	n
r	u	j	c	w	z	d	b	s	o	k
a	w	s	s	c	a	t	c	h	h	m
i	i	t	y	c	a	e	a	i	n	z
d	w	g	f	e	e	l	i	l	a	G

Jesus instructs the disciples that from now on they will be fishing for people; catching others to hear God's story.

Think of one thing you could do today to share God's love with someone. Then do it!

?????? Puzzle

Circle which of these actions might show someone who is 'caught up' in God's story.



Upper Eden Medical Practice

Covid Vaccinations update

We are no longer giving first vaccines here at the Surgery. We have now attempted to contact all patients who are due their second vaccines. If anyone feels they may have been missed then they need to contact us urgently.

The following information is on our website:

COVID vaccination certification

We are unable to issue this certificate at the practice. Please see the [Gov.uk website](https://www.gov.uk) for further information. Proof of your vaccination status will be available on the **NHS app**, which is also valuable for accessing your health records and ordering repeat prescriptions. Alternatively, you can call the NHS helpline on 119 and ask for a letter to be posted to you. This must be at least 5 days after you've completed your course of the vaccine, the letter may take up to 5 days to reach you.

Shingles vaccination

Patients become eligible for routine vaccination against shingles when they become 70 years of age and all those aged up to and including 79 years are now eligible to receive the vaccine until they become 80 years of age. Individuals who were eligible for the Shingles vaccination programme who turned 80 years during the COVID-19 pandemic and missed the opportunity to be vaccinated, either due to lockdown or because they were shielding at home and unable to attend their general practice, can continue to be vaccinated up to 31st July 2021.

Please contact the Surgery to book an appointment.

Seasonal flu/Covid booster vaccination information:

This year the Practice will be contacting all eligible patients for their flu vaccination and likely Covid booster to be given at the same time.

Patients will be contacted in eligibility order and given an appointment time.

Please can we ask patients to **wait for the Practice to contact them** as we are still awaiting information regarding the Covid vaccine boosters.

<https://www.upperedenmedicalpractice.co.uk/News/a778c2d8-e6e9-49a0-a0cf-ba9191fb690b>

☎: 017683 74015



Send us your contributions — TheLinkMagazine@outlook.com

Orton Surgery and Shap Medical Practice

Current Procedures

The Doctors and Nurses at the Practice continue to operate an initial telephone triage system. If a face to face consultation is necessary the Doctor or Nurse will book you an appointment at Shap later that day. Please contact the surgery at 8.30am to arrange a telephone triage appointment. Surgery appointments remain being kept to a minimum to reduce the risk of infection to our patients and staff. Please do not attend the surgery without an appointment and please check the NHS111 website if you are unwell with coronavirus symptoms. When attending an appointment at the Practice, face masks must be worn at all times within the building, unless you are exempt due to medical reasons. Hand sanitisers are placed throughout the building and we request all patients to use these.

Online Consultation

We still offer online consultations using the eConsult. Please see the website www.shapmedicalpractice.co.uk to find out more about this.

Orton Surgery

There continues to be no Doctor appointments at Orton Surgery for the time being. Medication is available for collection every Tuesday between 10am and 11am.

Dispensary

Shap medication is now being collected from inside the main foyer of the Practice.

COVID Vaccinations Update

We continue to offer COVID vaccinations at the Practice. Please contact us if you are due your booster.

Staffing Updates

Dr Chris Kehoe left the Practice in the summer and is now working as a Locum GP and as a salaried GP at CHOC where some of you may meet her if you need to see a doctor out of hours. We welcomed Dr Hannah Judson at the Practice as a GP Partner in September. She has already become a highly valued member of the team. She came to us from Appleby Medical Practice and is a qualified GP trainer. We are hoping to start training GPs as well as medical students later this year. Our Practice Manager Sue Graham retired in March 2021 and Wendy Hancock has since taken the role of overseeing and developing the Practice. Wendy previously worked within the Clinical Governance and Safeguarding teams at CHOC and NWS. We are also very pleased to announce the return, and promotion, of Eleanor. Eleanor returned from her maternity leave in January and takes on the new role of Reception Manager.

All of the staff at the practice would like to say thanks to our local communities for the support and encouragement we have received through what continues to be a very difficult time for the health service. The kind words that we receive do make a difference to us and are very much appreciated.

Dr. McCabe Dr. Woodstover Dr. Judson and all the staff
01931 716230 <https://www.shapmedicalpractice.co.uk/>

WESTMORLAND FAMILY

We're always looking for colleagues to join our growing team.

Flexible roles available, starting from £9.50 per hour.

- Free meal on shift
- 75% off in our Kitchens
- Free bus to work
- 25% off in our Farmshops

careers.westmorlandfamily.com



TEBAY SERVICES | J38 TRUCKSTOP | WESTMORLAND HOTEL



Wedding and Event Floristry

www.krystynajane.co.uk

enquiries@krystynajane.co.uk | 07903422807

@krystynajanefloraldesign

Krystyna Jane Floral Design

Advertise your business in this space!

J.J. MARTIN FUNERAL DIRECTORS

J.J. Martin are your local, independent funeral directors based in Kirkby Lonsdale and covering the surrounding areas. We pride ourselves in offering a personal, caring and professional service where the needs of your family come first. We provide free advice, pre-paid funeral plans and a 24 hour service.

EDWARD WALLER: 07779025745 or 015242 72431

www.jjmartinfunerals.co.uk info@jjmartinfunerals.co.uk

The Old Baker Station, 3 Long Lane, Sedburgh, East Yorkshire YO19 4LJ Telephone: 01538 20180 4 Hasting Road, Kirkby Lonsdale, Lancashire, LA6 2JG Telephone: 015242 72431

YOGA WITH ALISON



CLASSES AND 1:1 SESSIONS RELAX, REWIND, REJUVENATE FOR MORE INFORMATION

MOB: 07950435136

EMAIL: FREERANGEGIRL@OUTLOOK.COM



CJH FITNESS

Personal Training Studio Kirkby Stephen

Get your free consultation now It is my mission to get you healthier, happier, fitter & stronger Contact us now to see how we can help you reach your fitness goals 07368170470 - www.cjh-fitness.co.uk



Sports injuries Repetitive strain

Degenerative conditions

07975 999 373

Persistent pain

Face to face appointments are available with robust Covid-Secure precautions in place.

Contact me for appointments 07975 999373

or find me on Facebook

@ReflexOrthoMassage.

Weasdale Nurseries

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MONDAY ROUTE 571: Brough to Kendal

	OUTWARD	RETURN
Brough Clock	10.35	16.15
Kirkby Stephen	10.50	16.00
Kirkby Stephen West Station	10.55	15.53
Ravenstonedale School	11.00	15.45 Gashill
Newbiggin on Lune village hall	11.05	15.40 on A665
Mount Pleasant bus stop, Tebay	11.18	15.29
Barnaby Rudge bus stop, Tebay	11.20	15.27
Kendal Morrisons bus stop	11.45	15.00
Stricklandgate	11.51	
Blackhall Road	11.55	14.55
Morrisons layover 1.30 hours depart	13.15	
Blackhall Road layover 1.45 hours		

WEDNESDAY ROUTE 572: Kirkby Stephen to Barnard Castle

	OUTWARD	RETURN
Bus Depot	10.00	15.50
Ravenstonedale School	10.10	15.40
Kirkby Stephen Station	10.20	15.30
Kirkby Stephen Square	10.30	15.20
Brough Clock	10.40	15.05
Barnard Castle	11.20	14.30

106 Bus Service

Kendal - Tebay - Shap - Penrith
on TUESDAYS & FRIDAYS

	to Penrith	to Kendal Tues/Fri	to Penrith
Kendal	10.00	14.05/13.35	15.30
Tebay Mt Pt	09.32	13.28/12.58	16.02
Orton	09.40	13.20/12.50	16.10
Shap V Hall	09.55	13.10/12.40	16.25
Clifton	10.14	12.49/12.19	16.44
Penrith	10.30	12.30/12.00	17.00

THURSDAY ROUTE 570: Shap to Kendal

	OUTWARD	RETURN
Ravenstonedale School	10.30	16.10
Shap	10.55	15.50
Orton	11.10	15.35
Mount Pleasant bus stop, Tebay	11.18	15.28
Barnaby Rudge bus stop, Tebay	11.20	15.27
Kendal Morrisons bus stop	11.45	15.00
Stricklandgate	11.51	
Blackhall Road	11.55	14.55
Morrisons layover 1.30 hours depart	13.15	
Blackhall Road layover 1.45 hours		

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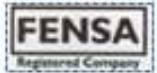
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Websites

Church Websites:

High Westmorland parishes: <http://hwparishes.org.uk>
Entries in the Church of England's "A Church Near You" directory
Orton: <https://www.achurchnearyou.com/church/12220/>
Ravenstonedale: <https://www.achurchnearyou.com/church/12221/>
Tebay: <https://www.achurchnearyou.com/church/12223/>
Orton Community Website: <https://ortoneden.co.uk>
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